

DYNAMICS OF CHARACTERISTICS OF INTERNAL HEALTH PATTERNS IN YOUNG PEOPLE VARIOUS GROUPS OF DISPENSARY OBSERVATIONS

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ABSTRACT.

The problem for researchers of internal health care human being, which arose in the 80s of the XX century, gains its importance today due to entry of the human community into the "anthropocentric" stage of development, when issues of human potential, realized according to bearing to the surrounding reality and to oneself, self-development and self-realization lization in a changing world in an innovative environment, the possibilities of life self-fulfilling. The relevance of studying the internal picture of health is connected both with health issues of the population, improving the quality of life of people and its duration, and growth towards a person as a complex self-organizing system by the mode of existence which is self-development, which provides a natural complication of its system organization.

Keywords: internal health, anthropocentric" stage, self-development, quality of life

INTRODUCTION

The relevance of studying the "internal picture of health" is also due to the unfavorable pleasant trend in the health status of all age groups creative behaviors related to health. The study of psychological of the mechanisms of formation of a person's attitude to his health is due to the search for original models for the prevention of poor health of the younger generation. The idea of how the health of young people is formed, what factors have a negative impact on their health and which, on the contrary, contribute to the living dynamics in the somatic status is an important state task.

Particularly relevant for medicine and psychology are the tasks of identifying factors risk, contributing to the development of psychosomatic and chronic diseases. In this regard, the study of internal her picture of health, her characteristics and features of their (characteristics) dynamics at the youth. The study of the internal picture of health in young people who are on dispensary sulfur monitoring will determine its role in maintaining health, determine conditions that ensure the formation of a harmonious internal picture of health, as well as to develop methods of psychological prevention of health disorders, and in certain conditions - methods of psychological correction.

Thus, the relevance of studying the features of the dynamics of the characteristics more pictures of the health of young people of various groups of dispensary observation SHII is determined by the needs of psychoprophylactic, rehabilitation practice, prevalence of chronic noncommunicable diseases among young people age and insufficient knowledge of this aspect of internal carpp.! health. The object of research is an internal picture of the health of young people.

The subject of the study is the dip-mic of the characteristics of the vital picture of health in young people belonging to different! dispensary observation group. Hypothesis of the study: the internal picture of health in young people belonging to lying to different! groups of dispensary patients has specific .Differences depending on the somatic status Positive dt!amics of characteristics internal carpgna of health, indicating its harm! Describing and contributing to positive change! in the somatic status, is provided in the conditions of me- dtjo-psychological support.

To achieve this goal and test the hypothesis, the following tasks:

1. Conduct a theoretical analysis of domestic and foreign literature on the problem of studying the characteristics of the vital picture of health.
2. Form a methodological complex of empirical research aimed at the study of the characteristics of the internal picture of health in young people of different personal groups of dispensary observation, on the basis of which to identify special structures and characteristics of the internal picture of health in young people are different dispensary groups.
3. Carry out a comparative analysis of the results of the study with indicators of mental health.
4. Develop and implement a program of medical and psychological support, aimed at harmonizing the internal picture of health in young people personal groups of dispensary observation.
5. To identify the dynamics of the characteristics of the VKZ and evaluate the effectiveness of the program will psychological support for the purpose of further presentation of the methodology of the logical foundations of psychoprophylactic measures for rickety groups foot watcher.

The purpose of research is to identify the features of the dynamics of the characteristics of internal her picture of health in young people of various groups of dispensary observation during the implementation of medical and psychological support activities.

MATERIAL AND METHODS

The main research methods were:

- 1) theoretical analysis of some of the literary sources on the problem of research vase;
- 2) analysis of medical documentation: medical records of an outpatient (f. 025 / y) and a dispensary register;

In the course of the study, we solved the tasks that were obtained

CONCLUSIONS

1. It is determined that a significant number of existing types and levels of VKZ, distinguished by researchers as ndealp.1st type, can be generalized edshpp povyatiem harmonious internal karpsha of health. This type of VKZ for- is reconciled under the condition of harmonious relations with the world and is based on the characteristic ristics that are characteristic of a harmonious personality.
2. The characteristics of a harmonic VKZ can include: neuropsychic stability, lack of alexithymia, psychological well-being, internal the level of subjective control, high quality of life, the absence of VV and VK in the tivation in the personal sphere. The presence of high indicators of alexithymia, hierv- but-psychic maladaptation and violations of social functioning can be grounds for classifying this category of respondents as a group with dis-harmonious internal picture of health.

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